

## **Grade 6 - Narrative**

### **The History Behind Favorite Recipes**

The sixth-grade classroom was busy with activity. Groups of students were scurrying to complete a brainstorming session for a project. Ms. Parks reminded the students of the purpose of the project. Each group was to turn in a list of ideas before Ms. Parks's timer sounded.

"Remember, your project should reflect some type of history about the topic chosen," she reminded the students.

"We don't have anything written down! Hurry, what are we are going to do?" inquired Tara anxiously.

"Well, we could write a cookbook, but it does not sound like anyone else is interested in this topic," Ted commented.

"I like to cook, but I do not understand how a cookbook meets Ms. Parks's requirements for the project. How can we show the history about the topic of a cookbook?" asked Courtney.

"We all have experience cooking, but do we know the background about some of our favorite recipes?" asked Tara.

All three students shook their head no.

"My suggestion is that we create a cookbook that contains a favorite recipe from each of us. Before each recipe, we can write a short synopsis about the family history of the recipe," suggested Tara.

Each member of Tara's group agreed, so they wrote their idea on a piece of paper and gave it to Ms. Parks just as the timer sounded. Class was over and so was the school day. On the way home from school, Tara, Ted, and Courtney discussed food.

When Tara arrived home, she enjoyed an afterschool snack and was eager to start the project. She reached for the family recipe box to search for her favorite recipe, a chocolate cake.

"Make sure you clean your hands before you take out any recipe card," said Tara's mom.

Tara told her mom about the project she was working on for school. She explained that she wanted to make her favorite chocolate cake but would like to know the history behind the recipe.

“Grandma used to make the chocolate cake frequently,” replied Mom. It was an unusual cake because it did not use eggs. It was a cake her family made when they did not have any eggs but wanted something sweet.”

Tara and her mother sifted, measured, scooped, and mixed ingredients together for the chocolate cake, and stories of Grandma swirled around the kitchen like scented memories.

Ted rummaged through the cupboards when he arrived home until he found his family’s recipe box. He had decided to prepare his favorite dish for dinner, meatloaf, and he asked permission from his mom. First, Ted set the needed ingredients for the meatloaf on the kitchen counter. Next, he followed the recipe before placing the meatloaf in the preheated oven.

While Ted cleaned the dishes he had been using, his mom was preparing the other food they would be having for dinner. Ted asked her about the history of the meatloaf recipe.

“The meatloaf recipe is one that your dad and I made up. Meatloaf was the first meal your dad and I made together. Ever since then, it has been one of our favorites,” responded his mom.

The timer for the meatloaf went off, and Ted and his family sat down for dinner. Ted had eaten this meal several times before, but somehow this time it tasted different; maybe that was because he knew the family history of the recipe.

Courtney arrived home from school and could not wait to spend time in the kitchen with her dad. They enjoyed preparing meals together. Her idea was to make her favorite vegetable dish, green-bean casserole. Her father liked the idea and explained that this recipe had been part of his family for generations and was often brought to family celebrations.

While the casserole was baking, Courtney told her dad about the project for school. She thought it would be fun to share a recipe with others but thought it would be more interesting to learn why a recipe was important to a family.

“What would be even more fun,” said Courtney, “is if each person in my group could make a favorite food from a family recipe, and we all could eat the food we made.”

Courtney’s dad suggested she invite everyone from the group to come over and celebrate the completed project by sharing their recipes and making their favorite foods. Courtney could not wait to tell Tara and Ted!